

2016 WATER FITNESS SCHEDULE: Sept. 19 - Dec. 31 at Dublin Recreation Center

All classes require either a Water Fitness pass, or single pass. *Classes denoted with a (*) means the class takes place in deep water.*
Classes take place in either the leisure pool or lap pool

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50a	Early bird Strength & Tone - <i>Donna Gl</i> <i>Leisure Pool</i>	*Core and Cardio - <i>Christiane</i> <i>Lap Pool</i>	Early bird Strength & Tone - <i>Donna Gl</i> <i>Leisure Pool</i>	*Core and Cardio - <i>Christiane</i> <i>Lap Pool</i>	Aquatic Kicks - <i>Donna Gl</i> <i>Lap Pool</i>	
8:30-9:20a						Boost! - <i>Merle</i> <i>Lap Pool</i>
9:00-9:50a	Aquatic Mix Up - <i>Donna Gl</i> <i>Leisure Pool</i>	Move it and Lose it! - <i>Christiane</i> <i>Lap Pool</i>	Aquatic Mix Up - <i>Donna Gl</i> <i>Leisure Pool</i>	Move it and Lose it! - <i>Christiane</i> <i>Lap Pool</i>	Aquatic Mix Up - <i>Donna Gl</i> <i>Leisure Pool</i>	
	*White Water Work Out - <i>Barb</i> <i>Lap Pool</i>		*White Water Work Out - <i>Barb</i> <i>Lap Pool</i>		*White Water Work Out - <i>Barb</i> <i>Lap Pool</i>	
9:30-10:20a						*Total Workout / Zero Impact - <i>Merle</i> <i>Lap Pool</i>
10:00-10:50a	Shallow Water Shake Down - <i>Barb M</i> <i>Lap Pool</i>		Shallow Water Shake Down - <i>Barb</i> <i>Lap Pool</i>		Shallow Water Shake Down - <i>Barb</i> <i>Lap Pool</i>	
11:00-11:50a	Arthritis Foundation Program - <i>Nicole</i> <i>Leisure Pool</i>	Arthritis Foundation Program - <i>Barb</i> <i>Leisure Pool</i>	Arthritis Foundation Program - <i>Nicole</i> <i>Leisure Pool</i>	Arthritis Foundation Program - <i>Barb</i> <i>Leisure Pool</i>	Arthritis Foundation Program - <i>Nicole</i> <i>Leisure Pool</i>	
3:30-4:20p		Happy Hour Water Aerobics - <i>Merle</i> <i>Leisure Pool</i>		Happy Hour Water Aerobics - <i>Merle</i> <i>Leisure Pool</i>		
6:00-6:50p	Kickboxing - <i>Virginia</i> <i>Lap Pool</i>		Balls, Bells, Boards, & Noodles - <i>Virginia</i> <i>Lap Pool</i>			
6:15-7:15p	River Challenge - <i>Barb B</i> <i>Leisure Pool</i>		River Challenge - <i>barb B</i> <i>Leisure Pool</i>			
7:00-7:50p		Shallow Water - <i>Judy</i> <i>Lap Pool</i>				